SYNOPSIS

CONCEPTUALISATION AND DEVELOPMENT OF CHAKRA DHYANA AND ITS EFFECT ON SPIRITUAL HEALTH QUALITY OF LIFE AND MINDFULNESS

Submitted in partial fulfilment of the requirement of the degree of

DOCTOR OF PHILOSOPHY

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By

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Certificate

I hereby declare that the synopsis **"CONCEPTUALISATION AND DEVELOPMENT OF CHAKRA DHYANA AND ITS EFFECT ON SPIRITUAL HEALTH QUALITY OF LIFE AND MINDFULNESS"** being submitted in the partial fulfilment of the requirement for the degree of Doctor of Philosophy in Yogic Science under the Department of Yogic Sciences, Lakshmibai National Institute of Physical Education Gwalior - 474002 during the academic year 2022-2023.

It is a bona fide record of original work carried out under the supervision of Dr. Yatendra Kumar Singh (LNIPE, Gwalior, M.P.) and co-supervision of Dr. Vijay Kumar Singh (Assistant Professor, Department of Yogic Sciences and Human Consciousness, Dev Sanskriti Vishwavidyalaya, Haridwar, U.K.) and has not been submitted in full or part to any other university or institute for a degree or diploma.

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ABSTRACT

Chakra Dhyana, an ancient yogic meditative technique, is embedded within the Yoga Upanishads and deeply rooted in traditional Indian spiritual practices. This study aims to conceptualize and develop a structured Chakra Dhyana protocol by synthesizing guidance from the Dhyana Bindu Upanishad, Yoga Sikha Upanishad, Yoga Raja Upanishad, Yoga Kundalini Upanishad, Maha Nirvana Tantra, and Shatchakra Nirupana. The research is conducted in two phases: theoretical and empirical. The theoretical phase focuses on compiling and interpreting Dhyana-related content from ancient texts. The empirical phase evaluates the effect of the developed technique on spiritual health, quality of life, and mindfulness using a randomized control trial. This mixed-method study integrates traditional wisdom and modern scientific inquiry to validate Chakra Dhyana as a potential holistic health intervention.

KEYWORDS: Chakra Dhyana, Yoga Upanishads, Spiritual Health, Mindfulness, Quality of Life, Randomized Control Trial, Holistic Health Intervention

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Chapter-1 (Introduction)

Yoga, originating from the Vedic traditions, extends beyond physical health to embrace spiritual, psychological, and emotional well-being. Among various yogic practices, Dhyana (meditation) is highly emphasized in the classical texts, including the Yoga Upanishads. The Chakra Dhyana, mentioned in Dhyana Bindu Upanishad and Yogaraja Upanishad, involves the visualization and contemplation of the three principal chakras—Manipur, Anahata, and Ajna—and three deities—Brahma, Vishnu, and Shiva—synchronized with the pranayama cycle (Pooraka, Kumbhaka, Rechaka). The Upanishad also elaborates on the seat of Yoni and Linga in the body's energy system and describes the flow of Prana through Ida, Pingala, and Sushumna Nadis. The *Yoga Raja Upanishad* presents an integrative yogic framework that includes meditative practices to awaken the latent energy within the chakras and guide it through the central channel (*sushumna*). The *Yoga Sikha Upanishad* elaborates on the subtle body (*sukshma sharira*) and presents a detailed account of chakra dynamics about pranic movement and mental purification. The Upanishad establishes the body as Shiva's temple, identifying chakras and their locations and linking Kundalini and sound vibrations like 'Hamsa' to these centers. The *Yoga Kundalini Upanishad* offers systematic instructions for the arousal of chakras through breath control, mantra, and Dhyana. The *Maha Nirvana Tantra* provides a tantric perspective on chakras, associating them with specific deities, mantras, and ritualistic elements that support internal spiritual evolution. Finally, the *Shatchakra Nirupana*, a seminal text within the *Sanskrit* Tantric tradition, elaborates a description of the six primary chakras, detailing their location, petals, Bija mantras, deities, yantras, and associated psychological states. Together, these texts offer a comprehensive foundation for understanding and developing a holistic Chakra Dhyana practice. The present study proposes to conceptualize, develop, and validate a structured Chakra Dhyana practice and assess its effects on spiritual health, quality of life, and mindfulness using empirical methods.

Need for the Study

Despite widespread recognition of meditation's benefits, systematic development of Chakra Dhyana based on Yoga Upanishads is lacking. Many Dhyana practices described in classical texts have not been evaluated scientifically. By operationalizing a historically rooted Chakra Dhyana protocol, this research bridges ancient wisdom with modern scientific evaluation.

Statement of the problem

A study to conceptualize and develop a structured Chakra Dhyana protocol based on classical yogic texts and to evaluate its effectiveness on spiritual health, quality of life, and mindfulness among healthy individuals.

Objectives-

Primary:

1. To compile and explore the concept of Dhyana from the Upanishads and classical Yogic texts.

2. To conceptualise and develop a structured Chakra Dhyana technique.

Secondary:

1. To evaluate the effect of Chakra Dhyana on spiritual health.
2. To evaluate its effect on the quality of life.
3. To evaluate its effect on mindfulness.

Research Questions:

1. What are the key elements and philosophical foundations of Chakra Dhyana described in the Yoga Upanishads?
2. How can a structured, validated Chakra Dhyana practice be designed using classical yogic texts?
3. What is the effect of Chakra Meditation on spiritual health?
4. What is the effect of Chakra Meditation on the quality of life?
5. What is the effect of Chakra Meditation on mindfulness?

Delimitations

- The study will focus only on adult participants aged 18+ years.
- Only individuals willing to participate in the Chakra Dhyana intervention will be included.
- The scriptural sources are limited to selected Upanishads and classical texts.
- The empirical phase will be limited to evaluating spiritual health, quality of life, and mindfulness.

- The intervention period and follow-up duration will be fixed as per the pilot study protocol.

Limitations

- The findings may not be generalizable to all populations due to limited sample size and demographic scope.
- Self-reported measures may be subject to response bias.
- Variations in individual receptivity and prior experience with meditation may influence the outcomes.
- The spiritual component of the practice may be interpreted differently across cultural or religious backgrounds.
- The study may not account for long-term effects beyond the intervention period.

Hypothesis:

$H0_1$: There is no significant effect of Chakra Dhyana on Spiritual Health.
$H0_2$: Chakra Dhyana has no significant effect on Quality of Life.
$H0_3$: There is no significant effect of Chakra Dhyana on Mindfulness.
H_{11}: There is a significant effect of Chakra Dhyana on Spiritual Health.
H_{12}: There is a significant effect of Chakra Dhyana on Quality of Life.
H_{13}: There is a significant effect of Chakra Dhyana on Mindfulness.

Definition and Explanation of Terms

(i). Chakra Dhyana (Independent Variable)

Chakra Dhyana is a systematic meditative process rooted in classical yogic literature, particularly the *Dhyana Bindu Upanishad*, *Yoga Shikha Upanishad*, and *Shandilya Upanishad*. It emphasizes the purification and awakening of chakras through meditative absorption (*dhyana*), bija mantra chanting, visualization, pranic awareness, and inner contemplation. The practice aims to activate, balance, and harmonize the chakras, facilitating inner well-being, spiritual development, and self-realization **(Saraswati, 1996; Bharati, 2001; Ayyangar, 1952).**

(ii). Spiritual Health (Dependent Variable)

Spiritual Health refers to an individual's sense of inner peace, purpose, transcendence, and connection with self, others, and the universe. It is measured using a standardized, validated scale such as the *Spiritual Health Assessment Scale* (SHAS), which captures dimensions like self-awareness, spiritual practice, and meaning in life **(Fisher, 2011; Sharma & Sharma, 2019).** Pre- and post-intervention scores are used to evaluate the effect of Chakra Dhyana.

(iii). Quality of Life (Dependent Variable)

Quality of Life (QoL) represents an individual's overall perception of their well-being across physical, psychological, social, and environmental domains. It is assessed through a validated tool like the *WHOQOL-BREF*, which measures these four domains and is widely used in health and wellness research **(WHO, 1996).** The instrument is applied pre- and post-intervention to determine changes due to Chakra Dhyana.

(iv). Mindfulness (Dependent Variable)

Mindfulness is defined as the capacity to maintain non-judgmental, present-moment awareness. It includes observing internal and external experiences, acting with awareness, and cultivating non-reactivity and non-judgment. In this study, mindfulness is assessed using validated instruments such as the *Five Facet Mindfulness Questionnaire (FFMQ)* or the *Mindful Attention Awareness Scale (MAAS)* **(Baer et al., 2006; Brown & Ryan, 2003**). These scales provide insight into how Chakra Dhyana may enhance mindfulness over time.

Significance of the Study: Chakra Dhyana is rooted in ancient wisdom but lacks structured validation in contemporary scientific frameworks. This study addresses the gap by developing a systematic, scripturally grounded meditative practice and evaluating its efficacy through validated tools.

Chapter-2 (Review of Literature)

Srivastava, S., Bhargava, S., & Kumari, N. (2024) explored the effectiveness of chakra balancing on physical well-being through eight detailed case studies. Participants with issues like diabetes, insomnia, and chronic pain underwent individualized chakra healing plans involving Beej Mantras, mudras, pranayama, guided meditation, and affirmations. Crystal dowsing identified chakra imbalances, and interventions were practiced for 21–30 days. Improvements were noted in pain relief, energy levels, and emotional stability, supported by reduced SUD scores and better medical reports. The study links chakra balancing with the endocrine system and emotional health. It highlights the therapeutic potential of ancient yogic practices for physical well-being**.**

Chung et al. (2012) investigated the effects of *Sahaja Yoga Meditation* on quality of life, anxiety, and blood pressure control. In a prospective cohort design involving 129 participants (n=67 experimental, n=62 control), the study observed significant improvements in the experimental group. Even after adjusting for confounders, meditation positively influenced QOL and stress-related parameters.

Sabharwal et al. (2020), in a review titled *Scientific Rationale of Pragmatic Intervention of Chakra Meditation as Bioenergetic Medicine in COVID-19*, proposed that Shadchakra healing therapy offers psycho-immunological benefits. The study emphasized its relevance as a complementary therapy during pandemics due to its impact on energy flow and emotional regulation.

Kumari & Ghosh (2015) explored the effect of *cyclic meditation (CM)* on quality of life and perceived stress among 58 adolescent girls. After a month of intervention, participants reported significantly enhanced QOL and reduced stress, highlighting the efficacy of structured meditation even in adolescent populations.

Jois et al. (2017) examined the impact of *Meditation on Twin Hearts (MTH)* on stress and QOL in 163 adolescent girls (experimental n=79; control n=84). After a 20-minute guided meditation, the experimental group showed reduced stress and improved QOL, as measured by Cohen’s PSS and KINDL-R scales.

Kim et al. (2008) conducted a *chakra meditation music program* over 4 weeks in Korean adults (n=63). The results suggested that meditation enhanced both power (inner strength) and overall well-being, pointing to its potential in holistic health interventions.

Bilican (2016) evaluated the relationship between *focused attention meditation* and psychological symptoms in 30 adults. Interestingly, the study found an inverse relationship between session duration and perceived QOL, suggesting that excessive duration without proper guidance may not be beneficial, highlighting the need for structured protocols.

Collectively, these studies demonstrate that chakra-based and meditative interventions can positively affect various aspects of well-being, including QOL, mindfulness, stress, and physiological parameters. However, there remains a paucity of literature specifically grounded in the *Yoga Upanishads* and systematically validating techniques like Chakra Dhyana through modern scientific paradigms. The present study seeks to address this research gap by developing and empirically evaluating a Chakra Dhyana protocol rooted in classical yogic texts.

Chapter 3 (Research Methodology)

- **Selection of the subjects:**

Inclusion Criteria:

- Healthy individuals aged 18+ years
- Willing to provide informed consent

Exclusion Criteria:

- Regular yoga practitioners
- Those with spine issues, psychiatric conditions, or chronic diseases
- Athletes and gym-goers

- **Methodology:** Design: Mixed-method approach consisting of:

Theoretical phase: Descriptive textual analysis

Empirical phase: Randomized Controlled Trial

Phase I: Theoretical
Sources: Yoga Upanishads and classical yoga texts. Steps: Literature review, conceptual framework creation, protocol design, expert validation (15 SMEs). Using Lawshe Content Validity Ratio (CVR)-1975.

Phase II: Empirical
Participants: Healthy adults (age 18+), non-practitioners of yoga, randomized into experimental and control groups. Intervention: 6-week Chakra Dhyana (30 mins/day, 3 days/week) Control: No intervention

Sample size: [74 for pilot study- G-power software using effect size- 0.19]

Intervention Protocol:

Experimental Group: Chakra Dhyana: 20 minutes per session, 3 days a week, for 6 weeks

Control Group: No intervention

Duration: 6 weeks

Setting: Jiwaji University, Gwalior

Instruments: (Questionnaires)

Spiritual Health Assessment Scale (SHAS)

World Health Organization Quality of Life-BREF (WHOQOL-BREF)

Mindful Attention Awareness Scale (MAAS)

Statistical Analysis:

1. Testing for Normality

Before applying any test, you must check the normality of your outcome variables (SHAS, WHOQOL-BREF, MAAS) using:

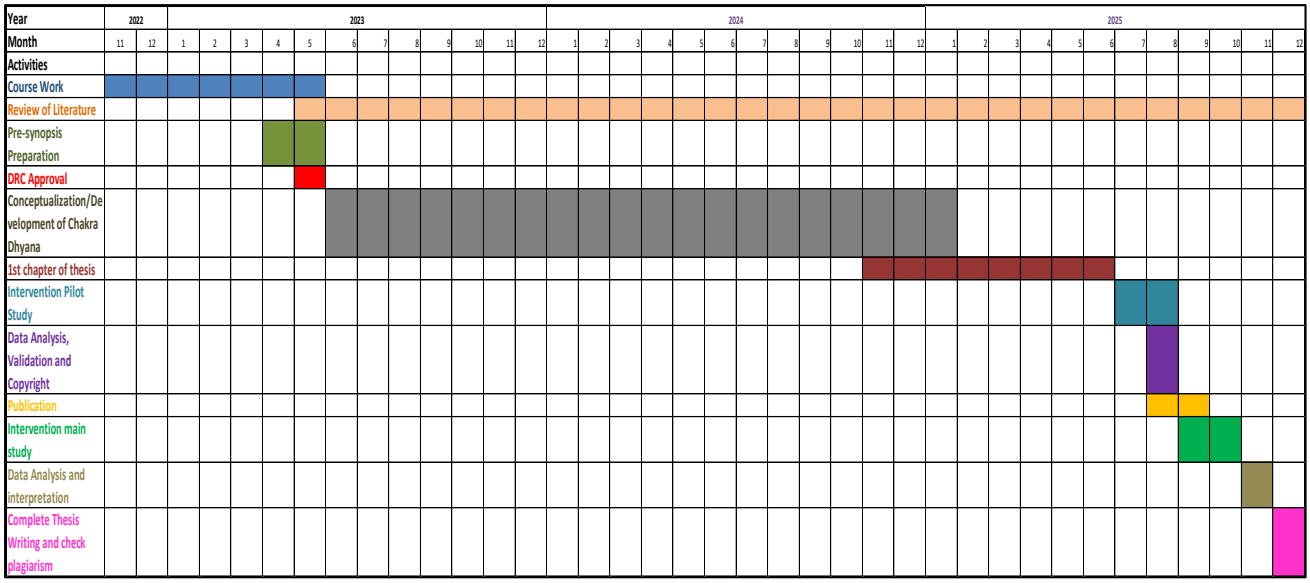
- Shapiro-Wilk Test, Q-Q plots, Skewness/Kurtosis

2. Within-Group Comparisons (Pre vs Post)	**Condition**	**Test (if normal)**	**Test (if non-normal)**
	Experimental Group	Paired **t-test**	**Wilcoxon Signed-Rank Test**
	Control Group	Paired **t-test**	**Wilcoxon Signed-Rank Test**
3. Between-Group Comparisons (Post Scores)	Experimental vs Control	**Independent t-test**	**Mann-Whitney U Test**

5. Expected Outcome:

A validated Chakra Dhyana protocol based on Yoga Upanishads. Demonstration of its empirical effects on spiritual and psychological health, thus establishing its feasibility and practical utility.

6. **Annexure**: Gantt Chart Enclosed


Year
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11 12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11 12
Activities
Course Work
Review of Literature
Pre-synopsis Preparation
DRC Approval
Conceptualization/Development of Chakra Dhyana
1st chapter of thesis
Intervention Pilot Study
Data Analysis, Validation and Copyright
Publication
Intervention main study
Data Analysis and interpretation
Complete Thesis Writing and check plagiarism

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